

Ventura County Masters AND Buenaventura Swim Club Newsletter

P.O. Box 3934, Ventura, CA 93006

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www.GoBuena.org

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Our Mission

The mission of Buenaventura Swim Club is to provide the young people of our community with a positive training environment where they have the opportunity to reach their greatest physical, intellectual, social and emotional potential through competitive swimming.

Buenaventura Swim Club believes in developing the character of each athlete through positive reinforcement of self-esteem, goal setting, time management, personal accountability and team spirit.

By successfully fostering these attributes each individual will gain enduring life skills.

Congratulations Austin Hedrick

Congratulations to Austin Hedrick who is the only Buena swimmer to be chosen for the Swim Festival on January 22nd in Long Beach. Austin qualified at the Cerritos AA Meet. The Swim Festival brings together the top 32 kids in all of Southern California Swimming to compete against each other on 4 chosen teams. Austin will be on the Blue Team. Go Austin Go!

Swim with Tim Challenge

The Swim with Tim Challenge is going strong. The Challenge is an open invite by BSC coach and swimmer Tim Hedrick for any Junior, Pre-Senior, High School, or Senior group swimmer to swim a "distance" event in a swim meet. For the first meet, our David Graham Memorial in November, Tim selected the 500 freestyle. *For any remaining meets, the list has been expanded and generalized. The events now eligible for inclusion on the in-season Honor Roll and end-of-year award are any of the 500, 1000, 1650 free, 200 back, 200 breast, 200 fly, or 400 IM.* Swimmers listed on the honor roll to date include: **Haley Bartosh, Lauren Craig, Kathryn Cryer, Courtney Downing, Colin Hedrick, Evan Hedrick, Tyler Henry, April LeCroy, Morgan McCardell, Kendall Neely, Jenna Roy, Czarina Sabitsana, Amanda Sacher, and Megan Wantz.**

Congratulations to all who have made the list to date! Are there any others willing to accept The Challenge?

Congratulations Grandma Jill

Congratulations to **Coach Jill** on becoming a Grandmother! **Reese Madalena** was born to **Jill's** daughter **Britta** and her husband **Jason** on December 17th at 7:11 pm and weighed in at a healthy 9 pounds 2 ounces and measured 21 inches. Congratulations also to "Grandpa" **Mike** and **Aunt Sarah Shaffer**



UPCOMING EVENTS

<u>Date</u>	<u>Event</u>	<u>Location</u>
January 8-9	PVST "ABC" Meet	Camarillo
January 14-17	Q Meet (qualification required)	Long Beach
February 5	SBSC "ABC" Meet (Beg. & Int.)	TBA
February 19-21	PVST "ABC" Meet	Camarillo
February 26-27	CLASS "Last Chance Qualifier"	TBA
March 3-6	Sectionals (qualification required)	Mission Viejo
March 9-13	14 & Under Junior Olympics	Long Beach
March 19-20	BUENA "AA" Max Meet	Oxnard

ONLINE CALENDAR

www.GoBuena.org

From the President

A few weeks ago I swam in the Masters Regional meet in Long Beach. How did I do? My 50 breast, 100 breast & 100 IM were right at my best times in 10 years, and my 200 breast was my second best time in the last 10 years. I'm swimming nearly as fast now at age 55 as I did at age 45 and I'm not terribly far off my college times of long, long ago. And yet I was unhappy with my swims because I wasn't first in the nation! I'll only wind up in the top 2 or 3 in the world (boo hoo. . .).

As I drove home I realized I had to change my attitude. I quit swimming my Junior year of college at USC to concentrate on my studies and to get married. Two years later I developed a chronic health condition that I fought for the next ten years, finally having surgery and taking years more to rebuild my strength. It wasn't until my forties that I began swimming again, and the only reason I started swimming was for my health. I'd lost sight of that goal.

Swimming gave me a scholarship to USC and participation in the NCAA championships and the Olympic Trials. Any yet when I think back on my life and my swimming career it isn't the competition that means the most to me. It's the friendships and camaraderie that I remember the most. When I swam in grade school and high school I wasn't out running with the wrong crowd or drinking or smoking or worse yet taking drugs. I learned to manage my time well so I could both study and swim. I was successful and I was confident in myself. That success and confidence carried over into my adult life and has made me the happy, confident, secure adult I am today.

Yes, competing for a major college and swimming in the NCAA's and Olympic Trials were the most important things to me at the time. But looking back now I see that the other things I learned are just as important—time management, goal setting, personal accountability, team spirit and of course my friendships.

When I swim today I have to remember that the same things are still important. I can try with all my might to be the fastest in the nation and the world, but that's not really why I swim. I swim because I look forward to meeting my friends in the morning at the pool and I swim for my health.

When you watch your kids compete in a meet or take them to and from workouts remember that they're learning so much more than swimming. It's easy to get caught up in the competition and miss the other reasons they swim. Look at the friendships they're making. Watch them learning how to compete and how to handle success and failure. Watch them set goals and push themselves to new limits. They'll enjoy the successes and failures of swimming in high school, college, and maybe even the Olympics. But their lives will be most affected by the friendships they make and the knowledge that no matter how hard life is they'll be able to handle it. Because they were successful in the pool they will also be successful in life.

John Derr, Board President



Courtney's Quote of the Month

“The best time to do something worthwhile is between yesterday and tomorrow.”

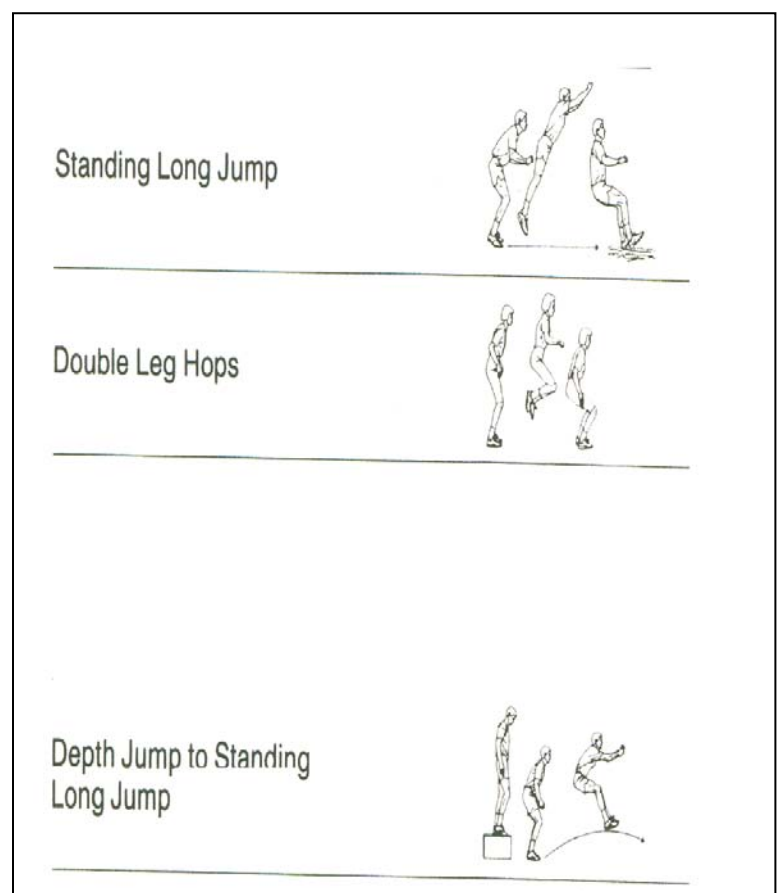
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PLYOMETRICS

Swimmers Need Leg Power Too!

Whether it is an explosive start or the ability to get the most out of a turn the legs must possess power. The concept of power is the blend of strength and speed. It is common in other sports such as football, baseball, basketball, track and soccer to test and train for this explosive ability. Plyometrics are a training method that develops this dynamic ability. Here are a few things to try:



Remember:

- Warm-up prior to these activities
- Wear running or cross trainer shoes
- 100% effort on each try
- Try 5 sets of 8 repetitions
- Only perform them 2 times per week
- When performing the Double leg hops the idea is to spend very little time on the ground, fast, fast hops
- Depth jumps should be performed from a 12"-16" platform followed by an explosive long jump.
- If you experience knee or ankle pain stop the activity

Nancy's Nutrition Notes

Resolutions for the New Year

Each year in January, as I have done for many years, I make one change in my eating habits to improve my health. I usually make a small change because small changes are easier to make but they can have a very positive effect on my overall eating habits. Being a dietitian, I do a lot of reading on health and nutrition throughout the year, and it's always easy to find some improvement I can make. For example, each Monday I read the "Health" section of the Los Angeles Times, which features many articles on nutrition and health. I also subscribe to Cooking Light Magazine which features articles on cooking and healthy living.

Improving my diet has taken many years. Just because I know what is best as far as eating goes, doesn't necessarily mean that I do it. It takes a lot of motivation and hard work to change eating habits. That's why I try to do one small change each year. Over the years all these small changes can add up to a healthy eating routine that becomes second nature to me.

I encourage you to look over your own habits and those of your family. Think about some simple, easy changes that you are interested in making. Have a family meeting and decide on a "family resolution" or individual resolutions. Sometimes a family meeting can make for interesting discussions. They certainly can promote good health by reminding us that we should "practice what we preach", that is, we should be modeling good eating habits to our kids!

As an example of making a family resolution, think about the kind of milk you drink. Years ago my doctor recommended nonfat milk and I have never looked back! Nonfat milk has the same vitamins, minerals, protein and carbohydrate content of low fat, reduced fat and yes, whole milk too. The ONLY difference is the fat content, which is mostly saturated fat, which is the kind that produces cholesterol. This is one fat that you should avoid whenever you can. If you think you can't possible tolerate nonfat milk, just make a step in the right direction (lower fat) and change to the next lower level of fat: if you drink whole now, change to reduced fat. If you drink reduced fat now, change to low fat and so on. The only concern regarding the fat level in milk is for children less than 2 years old. For these children only, whole milk is recommended. After your child is over the age of 2, they can safely and healthfully drink nonfat milk! After you make the change, do as I did and don't look back. That is, don't go back and forth between glasses of milk or you will never get used to the lower fat taste. Since I have been drinking nonfat for a number of years, I can't tolerate reduced fat!

I encourage you to make a healthy change in your and your family's eating habits as a New Year's resolution and have a Healthy and Happy New Year!

Nancy Gardikas Derr, RD catile@earthlink.net

Ken's Korner

A Happy New Year to all! I hope you had a great 2004 and are ready for an even better 2005. I know I am. I can't wait to see and swim in the new pool! I've been driving by and checking on its progress and all is looking good! With all the rain we've been having I bet we could even swim now...just kidding. So, on to a great 2005, may all your goals come true!

This past month we have seen some great swims out of all our swimmers from the CSA Holiday meet to the AA Championships held in Cerritos. Next year we are in Vegas so get those AA times coming so you can join in the fun of Las Vegas. We have also seen some great things from our Masters swimmers from the 3000/6000 swims to the local Winter Champs and Turkey shoot meet. Keep up the great swimming!!! Since we (the staff) are all sending out weekly emails with all of the results, I will reserve this place for a few comments. Best of luck for the upcoming meets in the 2005 year!

As mentioned before, I want to make a few comments on how I see the team progressing. As you all know we went through a change on deck this past year. November was a "fun" challenge to me to continue getting the Beginner swimmers going in the right direction. I did a search for a new coach and was lucky to find **Lori Lloyd**. If you still have not met her then please stop in some time and get to know her. She has a very strong background in coaching and is doing an awesome job with the kids. I felt very good giving up my beginners to **Lori** once I was able to get her on staff and look forward to seeing all of the little ones doing an awesome job at the up and coming swim meets. With the addition of **Lori** to the staff I feel that we are now a "complete" staff. We have some of the best swimming minds working with all the kids. I tend to step back every now and then and enjoy watching all of them hard at work with their groups. I am very lucky to have them, as I am lucky to have great Families involved with the club. It is an exciting time to on the Buena Ventura Swim Club as we look to our next chapter and getting into the new pool. As we get closer to that time I will be looking at where the needs are for staff as well as pool space not only in Ventura but Oxnard as well. It is going to be a challenge to keep our program going in both pools and I will do my very best to keep everything running smoothly. As we continue to grow, so will the staff. As we continue to improve so will our presence in Ventura as well as all of Southern California Swimming. We are on the verge of greatness and I want to challenge all of the swimmers that are reading this to take the next step. Make 1 more practice each week. Enter one more event at the local swim meets. Pass up on that extra helping of dessert and candy. Look to make yourself that much better both physically and mentally. You control your destiny. Keep your focus. Limit the extra activities- don't spread yourself too thin with all that is out there. Know your goals. Commit!

With all this said it is once again my turn at letting you know my New Years Resolution. As mentioned earlier, I am still swimming. I owe it to a great group of early risers as well as friends that keep me going. From my lane buddies to those of you that enjoy my sets. Thanks for keeping me honest. This year I want to focus on my out of the water tasks. I want to be better organized. As I write this newsletter article I am looking at the clutter on my desk and I want to make it better. Again, Happy New Year and I'll see you at the pool.

Ken

Vicki's Velocinauts

The month started with the **CSA Meet** on December 4th. We had seven swimmers participate in this one day meet. We had some big losers at this meet, most notably, **Dana** dropped 3+ seconds in her 100 IM, **Angela** dropped 4+ seconds in 100 IM and 100 free and then 2+ seconds in her 50 breast and 50 free (a very strong showing in her last meet as an 11-12 competitor!), and **Colin** dropped 13+ seconds in his 200 IM! Every swimmer achieved personal best times:

Dana	3 Best Times
Kathryn	4 Best Times
Aaron	3 Best Times
Angela	4 Best Times
Colin	2 Best Times
Tess	3 Best Times
Kelsey	3 Best Times

For those swimmers who did not swim in the CSA Meet, they were off to the **2004 Winter AA Meet** on December 10-12th. We had 5 swimmers qualify – **Haley, Lauren, Colin, Tyler** and **Morgan**.

Unfortunately we had 2 of our swimmers get sick. **Haley** missed her first AA Meet and **Lauren** missed most of it, but was able to show up on the last day. **Lauren** swam the gutsiest 200 breast I have ever seen. She had been sick and out of the water for several days and the 200 breast was her first event. Her stroke technique was off and she looked pretty tired at the 100. Her second hundred was all grit and guts! It wasn't the prettiest swim, but she fought through it to get a best time! It took everything she had (and it showed on her 100 fly!). We had more noteworthy swims. **Colin** dropped 36.98 seconds in his 500 free and got 2 best times from his 1 swim! He went out in his best 200 free time 500 – way to go for it **Colin**! Not to be outdone, **Tyler** dropped 35+ seconds in his 500 free and got a best time in his 200 free! Way to go guys – your pace training really paid off!!!! And then there was **Morgan** . . . who had an awesome meet! For over a year now, **Morgan** has been trying to make her illusive JO cut in the 100 fly. She got about as close as she could without making it – 1:04.65 and she needed a 1:04.60! She busted through that barrier, dropped 1.53 seconds, and made JO's as a 13 year old! **Morgan** had a few more noteworthy swims dropping 7+ seconds in her 400 IM, 2+ seconds in her 100 breast, 1+ seconds in her 100 free, and almost 4 seconds in her 200 free! As I said, **Morgan** had an awesome meet! You all have shown up regularly, trained very hard in workout, and it showed in your meet. Congratulations!

We can now look forward to the **PV New Years Resolution Meet** on January 8 & 9. We are all looking forward to cheering on **Devin** and **Kirk** in their first swim meet. No pressure guys, just go have fun and race!

The Junior Group welcomes **Leah** and **Amber**!

Vicki

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Jill's Jammers

Here it is, the year 2005 already, it's hard to believe. The swim season however, is only just beginning. It is incredible to watch the times continue to drop with every meet we swim. I am so proud.

We have a couple of meets to report on from the month of December and then we're off and running into the New Year. Since my group of Jammers is now composed of the Intermediate 2 swimmers only, my reports will be a little smaller than usual.

On December 4th we had a one day swim meet hosted by CSA at the PV pool. Participating Jammers were as follows:

Jessie Ball	3 best times
Amelia Goe	
Courtney Gause	3 best times
Abby McCardell	2 best times
Garrett Naumann	
Alyssa Ramirez	2 best times
Shannon Sobel	2 best times
Grant Whitman	2 best times
Kirsten Wiltjer	2 best times
Jeffrey Yoshida	2 best times

We had 2 swimmers qualify for the **AA Meet in Cerritos on December 10-12**. They once again did an incredible job and swam awesome!

Jessie Ball	2 best times
Austin Hedrick	4 best times

Congratulations to all of our swimmers for their ongoing success in their quest for faster times. As this year comes to a close we had to say good bye to **Amelia Goe**, as she and her family move on to a new life in Norway. We wish them all the best in their new life adventure.

Happy New Year to all.

Coach Jill

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Grandma's Little Reesia Girl!

Lori's Article

I want to thank you all for a fantastic first month with Buenaventura Swim Club. I truly appreciate the warm welcome I have received from swimmers, parents and staff! This month offered me the opportunity to get to know you all, both inside of the pool and out! I feel extremely fortunate to be a part of this program, and look forward to being a part of this organization as it continues to develop and grow. This is truly a special group of young people, and I am proud to be working with them!

In the month ahead, we have a number of competitive opportunities, which provide us with the chance to really see how all of the hard work is paying off. Be sure to get your meet entries in on time, so you can see just how much you are improving.

I would also like to congratulate **Rex Heery** and **Andres Sandoval** for their move-up in to the Intermediate I group this month. They have been swimming with the Intermediate I group for the last few days of the month, and they are doing a fantastic job!

Beginner Group

The Beginner Group had an outstanding month! I am so proud of you all for hanging in there on the cooler nights! Our attendance this month has really been great! We have been averaging at least 15 kids in the water per night, and most nights in the ballpark of 20 or more!! I feel like we have really accomplished a lot this month, working extensively on dives and turns.

We had a fantastic turn-out at the CSA Holiday Meet on December 4th. For many in this group, this was their first competitive experience, and they did a great job. In attendance at the meet was **Abby Gomez, Rachel Hunt, Dayle Morris, Jacob Gasperi, Phoebe Sajor, Colton Johnson, Christopher Munkres, Andres Sandoval, Spencer Nichols, Dillon Pecel, Tyler Yates, James Herrera, Sean Bautista, Eric Birdsall, and Charlotte Mayeda!** Way to go guys!! I am looking forward to seeing you all at the swim meets coming up in January!

Intermediate I

Thank you Intermediate I group for all of your hard work and dedication. I especially want to acknowledge a few athletes in this group that always take a little time at the end of practice to work on their strokes, and ask me questions! Way to go **Lindsey Norris** and **Sam Chittenden**. You girls show the desire to achieve through doing more than what is expected and required. Way to go for setting a higher personal standard. I will always be available at the end of practice for a little additional stroke work, so plan to stick around for a bit after practice!!

The CSA Holiday meet was a great opportunity for me to see the Intermediate I group in action. I am

impressed and pleased with how well they swam at this meet. **Kailee Bender** dropped over 5 seconds in 100 IM, **Lindsay Norris** had personal best swims in the 50 Free, and 50 Fly, and **Katie Nettesheim** dropped time in all four of her events. **Samantha Chittenden** did an outstanding job on the 100 IM, swimming it for the first time in under 1:40. Way to go!! **Sarah Shaffer** swam two personal bests, consistently ranking in the top 3 in all of her events, and **Collin Craig** improved in both of his freestyle events (by more than a second in each).

With all of the hard work you have all been putting in this month, I am looking forward to the swim meets ahead of us in January and February. Keep up all the hard work!!

Masters Moments

The results for the national 3000 & 6000 yard postal championships were finalized. VCM placed 3rd overall in the 3000 swim point standings (17th in womens division and 2nd in mens) and **captured the overall title in the 6000 swim** (6th in womens and 1st in mens). Following are the individual results:

Women:

30-34: **Lee Ann Ghimenti** – 4th 3000, 4th 6000.
35-39: **Vicki Hedrick** – 5th 3000, 4th 6000.
50-54: **Linda Bamford** – 6th 6000.

Men:

35-39: **Mike Shaffer** – 1st 3000, 1st 6000.
40-44: **Tim Hedrick** – 2nd 3000, 2nd 6000;
Kurt Baron – 3rd 3000, 3rd 6000;
Ken Grey – 7th 3000;
Brian Fukutomi – 9th 3000.
50-54: **Jim McConica** – 1st 3000, 1st 6000;
David Foote – 11th 3000, 6th 6000.
55-59: **John Derr** – 2nd 3000, 2nd 6000.
60-64: **Larry Raffaelli** – 1st 3000, 1st 6000.

Relays:

25+ mixed 4x3000:
1st – **Mike, Jim, Lee Anne, Vicki.**
35+ 3x3000:
1st – **Mike, Tim, Jim;** 2nd – **Kurt, John, Ken.**
35+ 3x6000:
1st – **Mike, Tim, Kurt.**
45+ 3x6000:
1st – **Jim, John, Larry.**
35+ 4x6000:
1st – **Mike, Jim, Lee Anne, Vicki.**

VCM was well represented at the short course meters Championship and Southwest Zone meet at Long Beach (Dec 6th) and at the Holiday Invitational meet at Long Beach (Dec 10-12). Winning age group high point honors were **Mike Shaffer** (M35-39), **Kurt Baron** (M40-44), and **Jim McConica** (M50-54). VCM teammates who also competed were **Lee Anne Ghimenti, Jill Shaffer, Tim Hedrick, John Derr,** and **Larry Raffaelli.**

Next up for the VCM swimmers is the national 1-hour postal championship toward the end of January.